

What is Body Mass Index?

For children, Body Mass Index (BMI) is used to screen for obesity, overweight, healthy weight, or underweight. BMI is a number calculated from a child's weight and height. BMI is a reliable indicator of how appropriate a child's weight is for their height for most children and teens.

Once the BMI number is calculated, it is then plotted on a growth chart. This chart shows the child's percentile ranking compared to other children of the same age and gender. Depending on the percentile, the child is considered underweight, healthy weight, overweight or obese.

This is the percentile breakdown according to the Center for Disease Control (CDC):

Weight Status	Percentile Range
Underweight	<5%
Normal Range	5% to 84%
Overweight	85% to 95%
Obese	Greater than 95%



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"Partnering with our patients to make it easier to be healthy"



 **South Shore
Medical Center**
Atrius Health



Happy & Healthy
Families

Shape
Your
Future

What does SSMC offer for family wellness?

SSMC is proud to offer a variety of ways to help you and your family, get and stay healthy!

- ★ One-to-one appointments with a registered dietitian or pediatric nurse practitioner
- ★ Online Resources Include:
 - ★ Lectures, handouts, recipes, newsletters and activity ideas all designed to promote health and wellness in the family
 - ★ Topics include:
 - ❖ **Protein & Fiber:** Learn about the importance of protein & fiber combinations
 - ❖ **BMI & Nutrition:** Learn the basics about body mass index and nutrition
 - ❖ **Food Labels:** Become a food label detective and learn why fiber is important
 - ❖ **Picky Eating:** How to introduce new foods without the power struggle
 - ❖ **Fat:** Learn the difference between heart healthy and heart unhealthy fats
 - ❖ **Sugar:** Learn about natural sugars vs. added sugars
 - ❖ **Sports Nutrition:** Learn how to keep your athlete healthy, hydrated and full of energy!
 - ❖ **Healthy Meal Planning:** Ideas and tips for healthy, easy snacks and meals
 - ❖ **Exercise:** Get your family moving and having fun... even with busy schedules!
 - ❖ **Dining Out:** How portions have changed and how to make healthier choices when dining out
 - ❖ **Healthy Food Shopping:** Tips and tricks to bring healthy foods into your home
 - ❖ **Behavior Change:** How to encourage a positive change in behavior
 - ❖ **Goal Setting:** Learn how to help your child set goals that are realistic

★ www.shapeyourfuture.org ★

All online resources are free of charge and 1:1 appointments are the cost of your regular co-pay

Contact South Shore Medical Center or speak with your child's pediatrician if you have any questions about ways to improve your family's health and wellness or are interested in making an appointment

DID YOU KNOW?

- ★ This generation is the first generation that is not expected to live as long as their parents (due, in large part, to obesity)
- ★ It is recommended for children to get 60 minutes or more of **activity EVERYDAY**
- ★ Preschoolers (3 to 5 years-old) need 11-13 hours of **sleep**, while school-aged children up to age 12 need approximately 10-11 hours of sleep. Teenagers require 8.5-9.5 hours per night
- ★ Children 12 years & younger should ride in the backseat. For children less than 16 years old, riding in the backseat is associated with a 40% **reduction** in serious injury during an accident.
- ★ Cigarette smoking results in 5.1 potential million years of **lives lost** in the United States annually. In 2009, 19% of high school students reported cigarette use